

# Treatment Times

JANUARY-FEBRUARY

VOLUME 1, ISSUE 6

## What's New

What's new at Ironwood? Well, in the month of January a graduate of Ironwood, Amber, came back to mentor. On the 4th the farmhouse went snow tubing with Kellie and Kate, then out for pizza. Level 4's have been continuing to go to church with Kellie on Sundays, which they look forward to weekly. Jack is now a farmhouse dog. He seems to be enjoying it up here, as well as the company of Lilly.

Parents' weekend on the 11th, 12th, and 13th of January was exciting for everyone. We are all looking forward the upcoming parents' weekend in March. February

has been a good month, as well. On February 7th the farmhouse went tobogganing with Kellie and Brian Y. It was a blast. Afterwards we went out for pizza and ice cream. The farmhouse has also been enjoying playing ultimate frisbee, football, and kickball in the indoor arena, sometimes vs. Frye. Its always a good time. Bob still comes for cooking class on Wednesdays. We recently made some delicious homemade pizza. Leisha comes for art class on Thursdays. We've been getting creative. Most of the farmhouse kids are

working on their masks. Recently two Ironwood graduates, Michael and Stephanie, have come back to mentor. Its been helpful and inspiring to have them around. We celebrated Valentines' Day at the farm house by baking heart-shaped cookies. There have also been some birthdays these past two months! CJ had her 18th birthday on January fourth, followed by staff member Molly who celebrated her birthday at Frye on January 26th. Brianna just celebrated her sweet sixteen on February 16th. Well, that's about it for now!

## Inside this

What's New	Pg.1
Advice Column	Pg.3
Animal Update	Pg.4
Ironwood Graduates	Pg.8-9
Ironwood Doghouse	Pg.3
Cuisine Corner	Pg.5
Editor's Note	Pg.10

## Special points of interest:

- Sports Page
- My journey
- Staff & Resident of the Month
- Guess Who

## Guess Who...

1. Was terrified of Scooby Doo when they were younger?
2. Does 60 push-ups every time they use the bathroom?



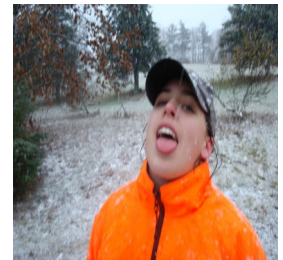


## My Journey: Dillyn

*"It's taken a lot of awareness and focus to be where I am today."*

These four and a half months here at Ironwood have been less than perfect. It's taken a lot of awareness and focus to be where I am today. The last few weeks at Frye were really difficult for me. We got three new girls after being the same group for almost two months. Adjusting to the new attitudes, energy, and drama was frustrating and hard. Getting my promotion sheet was bittersweet because on the one hand I was so excited to be presenting and possibly be coming up

to the farmhouse but on the other hand I was leaving CJ and Lauren whom I had been with for so long. I had been working so hard on my speech and thinking so much about the future that I let my guard down and had a pretty big setback the day before I was to present. My presentation was postponed until treatment team decided I was ready. I was discouraged at first but I turned the experience into a positive one. I cleaned up my act and got to present during the next treatment



## My Journey: MJ

Well, my journey started with Greg calling me to the shrink shack to present. I was nervous, but I got it done. Shortly after it was school time and Greg called me out of the yurt to give me what at first seemed like bad news. He said, "Mike, I've always been straight forward with you because I know you can handle it. I've got a bit of bad news for you. After we finish school you're going to have to do a little more school." That's when I knew I was going to the farmhouse. It was such a great feeling. I could

hardly concentrate in school. After school Greg told me to pack up everything I had



and to say my goodbye's. After that I began my epic jour-

ney up the snowy trail to the farmhouse. I forgot to put my boots on, so I got a bunch of snow in my shoes and I got really tired because the trail was a lot longer than I thought. And just when I thought I was lost, the farmhouse came into view. Everyone was on the back deck yelling my name and I rolled under the electric fence mission impossible style. Finally, my walk was over and I was at the farmhouse.



## Advice Column

Q: How can I remain an affective leader and stay on good terms with my peers?

A: The most important way of doing this is to watch **how** you say things to people and being respectful. Nobody likes to be demanded to do something. There are also very affective leaders that don't even lead with words, they lead with their actions.



Q: How can we stop unnecessary drama @ the farmhouse?

A: Honestly, everywhere you go in life there will be drama. It's whether or not you take part in

it that makes the difference.

Q: I sometimes catch myself internalizing my emotions. How can I get out of this habit without becoming too dependent on others?

A: You could try writing down your feelings, but if there's something really eating you up inside it's best to talk to someone you trust. Sometimes you just need a

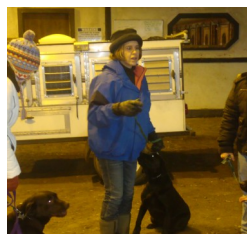


## IRONWOOD DOGHOUSE





## Animal Update



The animal world at Ironwood is buzzing with excitement. All of the horses are doing well. Tony, Frankie, Lightning, & Peanut are all taking good care of their riding students with a patient, kind attitude. The farmhouse crew is making a lot of progress in riding, thanks to their help. Rocky and Lucky are being worked on the lunge line to help residents develop communication between themselves and their horses. Some of the horses had some minor scrapes, but they have been cared for and are recovering nicely.

Petunia has been passed down by a previous resident and inherited by Brianna. Former Frye dog, Jack, has become a farmhouse dog, & the house is very ex-

cited to have a new addition. Lilly and Petunia are also happy to have someone to play with. The barn cats are doing well also, and they seem happy to be inside for the winter.

Mufasa, the kitten down at Frye, isn't really a kitten anymore. She has become a beautiful, young cat with a brave, curious, & adventurous attitude.

Maggie is doing well. The farmhouse residents have started taking her on walks to boost her spirits and give her some exercise. She seems very happy to have the attention, and enjoys her time outside. Frye has gotten a choco-

late lab named Puppet. They are happy to have a new companion.

The farmhouse kids have been working with Frances and her dogs in dog training classes. Andrea has formed a special bond with Drake, an old chocolate lab (in photo below).

-CJ



*New staff member,  
William.*

## Guess Who...

3. Was terrified of windows until they were 10 yrs. old?
4. Likes the smell of books?
5. Loves the titanic theme song?
6. Used to pretend to be Zorro and would drop out of trees onto her horse's back?
7. Was an offensive guard on a powder puff team?



Staff member, Molly.



# Cuisine Corner



## Erin's No-bake

### Cookies

#### *Ingredients:*

*2c sugar*

*4 tbsp cocoa powder*

*1 stick butter*

*1/2 c milk*

*1 tsp vanilla*

*3/4 c peanut butter*

*3 c quick oats*



#### *Directions:*

*1. Melt butter in small sauce-pan*

*2. Stir in milk, sugar, and cocoa*

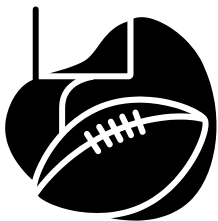
*3. Bring it to a boil for 1 minute*

*4. Stir in vanilla, peanut butter, and oats*

*5. Drop spoonfuls onto tinfoil and let cool for 30 minutes*



## SPORTS PAGE



HEY THERE SPORTS FANS! THE FARMHOUSE KIDS HAVE BEEN PLAYING A LOT OF FOOTBALL LATELY, WITH THE OCCASIONAL WAR PAINT ON OUR FACES TO GET US EXTRA PUMPED FOR A GOOD GAME. WHEN ASKED

HOW HE FEELS ABOUT FOOTBALL, ADAM O. SAYS, "IF YOU CAN'T PLAY WITH THE BIG HORSES, GET OUT OF THE ARENA". ITS REALLY LESS COMPETITIVE THAN IT SOUNDS, THOUGH. WE ALL JUST LAUGH AND HAVE FUN. IT'S A GREAT WAY TO LET SOME OF OUR ENERGY OUT!



"If you can't play with the big horses, get out of the arena"



## Resident of the month of January: Nick B.

**Q: So, Nick how does it feel to be voted resident of the month?**

**A: Its good acknowledgement, but its not too big a title. It boosts confidence a bit, though.**

**Q: Why do you think you were chosen for resident of the month?**

**A: I guess I've been doing well.**



**Q: Who's your favorite dog here at the farm-**

**house?**

**A: Probably Peanut. I know he's a horse, I don't care.**

**Q: How would you describe yourself in one sentence?**

**A: A self confident and ambitious person.**

**- Brieanna**

*"I would be like the 'superultrasuperpower guy', with like have every superpower, ever."*

## Resident of the Month of February: Adam O.

**Q: How do you like being at the Farmhouse?**

**A: I like it.**

**Q: If you were an animal what would you be and why?**

**A: A lion because they're the king of the jungle**

**Dillyn: "Adam, lions don't live in the jungle."**

**Adam: "I don't care put it anyway."**

**Q: If you could have any superpower what would it be and why?**

**A: I would be like the**

**'superultrasuperpower guy', like have every superpower, ever.**

**Q: How do you feel about being resident of the month?**

**A: I feel... I don't know...I feel honored to be able to say that I am resident of the month at Ironwood.**

**Q: Who is your favorite dog here at the Farmhouse?**

**A: I don't have a favorite dog.**

**Q: Whats the biggest difference between Frye and the Farmhouse?**

**A: The biggest difference is probably living in an actual house.**

**Q: How have you adapted in your new environment?**

**A: I think well.**



## Staff Member of the Month of January: Brian S.

Q: What do you think about being staff member of the month?

A: Its pretty much the sweetest thing that's happened to me since I've worked here.

Q: What's the best thing about working @ Frye?

A: There's never a dull moment. It keeps you alive.

Q: What's the worst thing about working @ Frye?

A: There's never a dull moment.

Q: What made you want to work @ Ironwood?

A: I've been working w/ teens for 5 yrs. And I'd never gotten

to see a long term change. It was always just a short period of time. Plus, I love Maine!

Q: When did you first know that you wanted to work with teens?

A: When I stopped acting like one.

Q: Is there anything you look forward to when you come to work?

A: Yeah. Constantly testing kids in ways they've never been tested before.

Q: What is your favorite animal here @ Ironwood?

A: Magpie Madness (a.k.a. Maggie, the bloodhound) because

she gets the run-away kids.

Q: Do you have any pets?

A: I've got a little kitty, Scarlett. She's a ferocious miniature tiger.

Q: What is your favorite color?

A: Green, because it means you can leave Frye.

Q: Where do you see yourself in the future?

A: I try not to think about it too much. I keep my focus on the present moment.

— Andrea L.



## Staff Member of the Month of February: Brian Y.

Q: How does it feel to be staff of the month?

A: It feels pretty good, considering I've been here for 3 months.

Q: Why do you think you were voted staff of the month?

A: I can't say. I come to work every day and do the best I can. It was an unexpected thing.

Q: What's your favorite part about working @ Ironwood?

A: Seeing the residents make positive changes in the things they need to work on and seeing their reactions after they make those changes.

Q: What is your least favorite part?

A: Well, I can't say I don't enjoy my job, but its tough to see a kid struggle with the program. Its also hard to see them disrespect

each other. That's a big thing for me, respect.

Q: What do you hope to teach the kids here @ Ironwood?

A: Well, a lot of things they have to learn themselves and make the changes they need to make. I do want them to respect one another, even if they don't like each other though, just for them to work together and make their time go by







# Ironwood

**Tyler:** Tyler Graduated January 12<sup>th</sup>. He had lived here at Ironwood for around 6 months. Tyler has always been a funny, loving person.

**T**yler is  
**Y**oung  
**L**ively  
**E**ntertaining and  
**R**espectful



Cortnzy is an  
Outgoing,  
Respectful,  
Talented,  
Nice,  
Entertaining and  
Young person



**Cortnzy:** Cortnzy graduated January 14<sup>th</sup>. She had lived here for about 4 ½ months. Cortnzy is the first person to complete this program in this short of a time. She is now looking at colleges.



**D**rea is  
**R**emembered  
**E**xtremely well here  
**A**t Ironwood

**Andrea (a.k.a. Drea):**  
Drea graduated January 19<sup>th</sup>. She lived at Ironwood for around 6 months. Drea was a natural born leader.



# Graduates

**Timothy is an  
Intelligent  
Meaningful per-  
son**

**TIM:** Tim Graduated January 18<sup>th</sup>. He lived here for around 8 months. Tim was a very open, kind, and caring person.

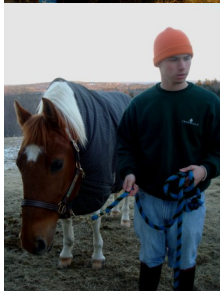


**Ern was  
Really  
Nice and funny**

**Ern:** Ern graduated January 21<sup>st</sup>. He lived here for around 5 months. Ern was a very energetic, entertaining kid.



# Photo Op!



## Guess Who... Answers!!!

1. Andrea L.
2. MJ W.
3. Dillyn H.
4. Brianna C.
5. Adam O.
6. Kristy (staff)
7. CJ V.



## Editor's Note

*I had a lot fun as newsletter and Treatment Times the editor of choosing pictures for it. I hope everyone contributed their ideas and chose articles they would enjoy writing. I really liked this edition of designing the Treatment Times*

*—Andrea L.*

